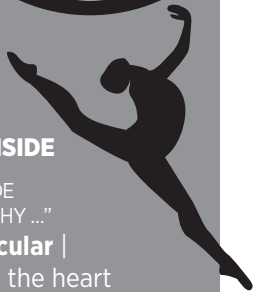




ISSUE

84

NOVEMBER 17, 2021



THE WARBLER

AN EDUCATIONAL WEEKLY

Dear Artist, Scientist, Creator,

When I was younger, my mother's favorite show to watch was the medical-romance-drama, *Grey's Anatomy*. While I was often terrified at the idea of surgery, or annoyed at the lack of communication between the ostentatious doctors, I did love one reoccurring aspect of the show: when the two main characters, Serena and Meredith, would become overwhelmed with their family, relationships, or situational troubles, they would drop everything to "dance it out" for a moment.

While a small point of levity in the drama, for me, these scenes remain a representation of why we **dance** and what dancing can bring to us: a pause for all the other matters in life to focus solely on ourselves; the magical, euphoric connection between ourselves and the artform of singing or music, alleviating whatever reality is pressing upon us from outside.

It is impossible to pinpoint the exact moment human beings began to dance. Sinhalese tales from modern day Sri Lanka describe celebratory music and complementary wedding dances from 543 BCE. While dancing itself does not leave behind artifacts the way that other ancient artforms do, depictions of figures engaged in dance date back over nine thousand years in modern day India. Still today, humans are fascinated with, and drawn to this form of movement as a point of connection and expression. From dancing in celebration, to learning steps in contemporary trends, to even using dance as a form of exercise, the artform makes its way into our lives through a multitude of fashions. Studies have even found how dance can lead to improved memory, or decrease the severity of some chronic disease symptoms. For instance, dancing can steady the gait in Parkinson's patients over time!

So, in the words of American dancer and choreographer Agnes de Mille, "To dance is to be out of yourself. Larger, more beautiful, more powerful. This is power, it is glory on earth and it is yours for the taking."

Learn more about the power in dance and in yourself this week with *The Warbler* team, as we delve more deeply into the different forms and benefits that dance can offer. We hope you enjoy, and that this edition inspires your own "dance it out" moment this week!

Julia and the APAEP team



"The one thing that you have that nobody else has is you. Your voice, your mind, your story, your vision. So write and draw and build and play and dance and live as only you can."

NEIL GAIMAN // English film and comic writer

WORDS INSIDE

FOUND INSIDE
"4 REASON WHY ..."

cardiovascular | relating to the heart and blood vessels

endurance | the fact or power of enduring an unpleasant or difficult process or situation without giving way

innovative | introducing new ideas; original and creative in thinking

FOUND INSIDE "CULTURAL ANTHROPOLOGY ..."

tomb | a large vault, typically an underground one, for burying the dead

suppress | forcibly put an end to

oracle | a priest or priestess acting as a medium through whom advice or prophecy was sought from the gods in classical antiquity

...



ANTHROPOLOGY

Cultural Anthropology | Dance

BY LUMEN LEARNING | Accessed November 4, 2021

Archaeological evidence for early dance includes 9,000-year-old paintings in India at the Rock Shelters of Bhimbetka, and Egyptian tomb paintings depicting dancing figures, dated c. 3300 BCE. It has been proposed that before the invention of written languages, dance was an important part of the oral and performance methods of passing stories down from generation to generation.

References to dance can be found in very early recorded history; Greek dance (*horos*) is referred to by Plato, Aristotle, Plutarch and Lucian. The Bible and Talmud refer to many events related to dance, and contain over 30 different dance terms. In Chinese pottery as early as the Neolithic period, groups of people are depicted dancing in a line holding hands, and the earliest Chinese word for “dance” is found written in the oracle bones. Dance is further described in the *Lüshi Chunqiu*. Primitive dance in ancient China was associated with sorcery and shamanic rituals.

Cultural traditions

Africa | Dance in Africa is deeply integrated into society and major events in a community are frequently reflected in dances: dances are performed for births and funerals, weddings and wars. Traditional dances impart cultural morals, including religious traditions and sexual standards; give vent to repressed emotions, such as grief; motivate community members to cooperate, whether fighting wars or grinding grain; enact spiritual rituals; and contribute to social cohesiveness.

Thousands of dances are performed around the continent. These may be divided into traditional, neotraditional, and classical styles: folkloric dances of a particular society, dances created more recently in imitation of traditional styles, and dances transmitted more formally in schools or private lessons. African dance has been altered by many forces, such as European missionaries and colonialist governments, who often suppressed local dance traditions as licentious or distracting. Dance in contemporary African cultures still serves its traditional functions in new contexts; dance may celebrate the inauguration of a hospital, build community for rural migrants in unfamiliar cities, and be incorporated into Christian church ceremonies.

Europe and North America | Ballet developed first in Italy and then in France from lavish court spectacles that combined music, drama, poetry, song, costumes and dance. Members of the court nobility took part

as performers. During the reign of Louis XIV, himself a dancer, dance became more codified. Professional dancers began to take the place of court amateurs, and ballet masters were licensed by the French government. The first ballet dance academy was the Académie Royale de Danse (Royal Dance Academy), opened in Paris in 1661. Shortly thereafter, the first institutionalized ballet troupe, associated with the Academy, was formed; this troupe began as an all-male ensemble but by 1681 opened to include women as well.

20th century concert dance brought an explosion of innovation in dance style characterized by an exploration of freer technique. Early pioneers of what became known as modern dance include Loie Fuller, Isadora Duncan, Mary Wigman and Ruth St. Denis. The relationship of music to dance serves as the basis for Eurhythmics, devised by Emile Jaques-Dalcroze, which was influential to the development of Modern dance and modern ballet through artists such as Marie Rambert. Eurythmy, developed by Rudolf Steiner and Marie Steiner-von Sivers, combines formal elements reminiscent of traditional dance with the new freer style, and introduced a complex new vocabulary to dance. In the 1920s, important founders of the new style such as Martha Graham and Doris Humphrey began their work. Since this time, a wide variety of dance styles have been developed.

African American dance developed in everyday spaces, rather than in dance studios, schools or companies. Tap dance, disco, jazz dance, swing dance, hip hop dance, the lindy hop with its relationship to rock and roll music and rock and roll dance have had a global influence.

Latin America | Dance is central to Latin American social life and culture. Brazilian Samba, Argentinian tango, and Cuban salsa are internationally popular partner dances, and other national dances — merengue, cueca, plena, jarabe, joropo, marinera, cumbia, and others—are important components of their respective countries’ cultures. Traditional Carnival festivals incorporate these and other dances in enormous celebrations.

Dance has played an important role in forging a collective identity among the many cultural and ethnic groups of Latin America. Dance served to unite the many African, European, and indigenous peoples of the region. Certain dance genres, such as capoeira, and body movements, especially the characteristic quebrada or pelvis swing, have been variously banned and celebrated throughout Latin American history. ●



“I see dance being used as communication between body and soul, to express what is too deep to find for words.”

RUTH ST. DENNIS // American dancer



● Edited for space

WILDLIFE

6 Animals that Science Has Discovered Can Dance

BY DANNY GALLAGHER | *The Week* | January 8, 2015

Researchers at the University of California, Santa Cruz, were recently surprised to discover that one of their sea lions can cut a pretty mean rug, especially when Earth Wind & Fire is playing. But the sea lion isn't the only animal that can bust a move. Here are six animals that can dance, according to scientists:

1. Honeybees | Honeybees actually use dance to communicate. It's known as the "waggle dance," which was first noticed by Aristotle and later investigated by Nobel Prize-winning zoologist Karl von Frisch in the 1960s. Von Frisch theorized that the strange dance was a way to tell fellow bees where they could find food. Von Frisch's theory was recently confirmed by a group of scientists that tracked the bees' navigation commands using radar transponders. The bees that received directions were even able to make corrections after winds blew them off course.

2. Cockatoos | A cockatoo named Snowball went viral in 2009 when a video captured him bobbing his head to a Backstreet Boys song. The bird responded similarly to Queen's "Another One Bites the Dust" and Michael Jackson's "Black or White." A neurobiologist at the Neurosciences Institute of San Diego used the famous bird to determine whether cockatoos have natural rhythm, or can simply be trained to respond to music. He appeared to prove the former: When he changed the tempo of a song, the bird adjusted accordingly.

3. The peacock spider | This colorful arachnid might look like a fearsome creature, but it's actually so small that it can fit on a person's fingertip with room to spare. And it also does a cute dance as part of its mating ritual. In fact, the peacock spider, which is native to Australia, is named for the colorful designs on its abdomen, which can open like a flap as part of its dance. The female uses the dance moves to determine if the male is healthy enough to be an ideal mating partner. No pressure: Those who don't make the cut are killed and eaten by the female.

4. Dung beetles | Even though dung beetles have a brain no bigger than a grain of rice, they have figured out a brilliant way of rolling and transporting their food. And they actually use a peculiar dance to protect their dung balls from rivals that would otherwise steal them. They stand on top of the dung ball, and perform a 360-degree turning dance to get their bearings. Then they use their hind legs to push the ball along.

5. Freshwater algae | Even single-celled organisms like to get jiggy with it. Cambridge University researchers discovered that freshwater algae use two types of dances to reproduce: The waltz and the minuet. Colonies of algae connect to each other with their flagella, and use their free flagella to spin around on an axis. The colonies then either orbit around each other (the



waltz), or back and forth "as if held by an elastic band between them" (the minuet), according to *Science Daily*. These dances help the algae clump together, which facilitates reproduction.

6. The manakin bird | These colorful birds native to Colombia and Ecuador have a mating dance that's probably the most unique in the animal kingdom. First, they make a ticking noise at a prospective mate by flapping their wings at a rapid pace. The wings move so fast that they can't be detected by the naked eye, and were first seen in action when Yale professor Kim Bostwick videotaped the birds with a high-speed camera. Then, after a brief flight, they land on a branch and perform a moonwalk-like dance across it. ●

A Red-Capped Manakin. This bird performs a moonwalk-like dance as part of its mating behavior

Photo by Emin Yagurtcuoglu, accessed via birds.cornell.edu

🔗 Edited for clarity

MATHEMATICS

Sudoku

#167 PUZZLE NO. 6197037

				4			8	
		5	9	7	1			
	7							3
	5						2	
	3			2		1		7
					6			
		9	6				1	
						5	9	
1	4							2

#168 PUZZLE NO. 265684

			9		8	4		
		8				3		7
2		7			1		5	
		6		5	7			
			8		3		1	
						5	3	
1								
	9				5			4
7				9				3

©Sudoku.cool

SUDOKU HOW-TO GUIDE

1. Each block, row, and column must contain the numbers 1–9.
2. Sudoku is a game of logic and reasoning, so you should not need to guess.
3. Don't repeat numbers within each block, row, or column.
4. Use the process of elimination to figure out the correct placement of numbers in each box.
5. The answers appear on the last page of this newsletter.

5		1					4		
9						5			
6		2	5	3			7		
			7					8	
7			8			9		3	
8		3		1			9		
	9		2		6			7	
4					3		6		1

What the example will look like solved

2	4	8	3	9	5	7	1	6
5	7	1	6	2	8	3	4	9
9	3	6	7	4	1	5	8	2
6	8	2	5	3	9	1	7	4
3	5	9	1	7	4	6	2	8
7	1	4	8	6	2	9	5	3
8	6	3	4	1	7	2	9	5
1	9	5	2	8	6	4	3	7
4	2	7	9	5	3	8	6	1



“We dance round in a ring and suppose, but the secret sits in the middle and knows.”

ROBERT FROST // American poet



DID YOU KNOW?

You may know **Tupac Shakur** as the late rapping legend of the late 80s and early 90s, but what you may not know is that he used to do ballet! He became a member of the 127th Street Ensemble, a Harlem-based theater company.

Originating in the 1970s in the Bronx, **breakdancing** was created as a “less lethal” form of fighting. This form of dancing re-emerged into worldwide popularity during 1990s.

“Rumba” is from the Spanish word *rumbear*, meaning to have a party or a good time. It’s the **slowest of the Latin dances** and has its roots in religious and ceremonial African dances.

Michael Flatley of *Riverdance* holds the record for the world’s highest-paid dancer, earning **\$1.8 million a week** at his prime. His legs were insured for \$44.7 million.

Funk and soul singer James Brown’s 1971 hit “Get the Good Foot” gave rise to a new dance craze called “**The Good Foot**.” This trend influenced the development of “breakdancing.”

A world record for the **longest conga dance line** was set by 119,986 people in Miami in 1988.

Adapted from danceacademyusa.com and factretriever.com/

“When you dance, your purpose is not to get to a certain place on the floor. It’s to enjoy each step along the way.”

WAYNE DYER // American author and motivational speaker



Idiom

“Get into a groove”

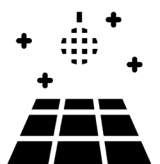
Meaning Become comfortable with doing something. Primarily used in terms of dance and theater.

Origin During the 1600s, scenery was changed by having a set of grooves on the stage floor in which flats were inserted. They could be moved for scene changes by using a pole that hooked onto them to move them where they needed to be. Thus, when a flat was in position for the current setting, it was “into the groove.” People had to get flats “to get into groove” in order for them to be in the correct places for the show.

Source: <http://theatregeekery.blogspot.com/2018/11/to-get-into-groove-theatre-etymology.html>

IN SOME PARTS OF SOUTHERN AND WESTERN AFRICA, **DANCERS PERFORM ON STILTS** UP TO SIX FEET (2 METERS) HIGH. THEIR DANCE SYMBOLIZES THAT THE KEY TO HUMAN WISDOM IS FINDING THE RIGHT BALANCE.

IN 2008, THE **WORLD’S FIRST “SUSTAINABLE” DANCE FLOOR** OPENED AT CLUB WATT IN ROTTERDAM, SWEDEN. THE FLOOR’S TILES EACH SIT ON SPRINGS HOOKED UP TO GENERATORS. THE HARDER PEOPLE DANCE, THE MORE THE SPRINGS ARE COMPRESSED AND THIS CONVERTS INTO ENERGY, WHICH RUNS THE LED LIGHTS IN THE FLOOR.



ART + CULTURE

I Wandered Lonely as a Cloud

BY WILLIAM WORDSWORTH

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed—and gazed—but little thought
What wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

William Wordsworth was born on April 7, 1770, in Cockermouth, England. Known as a great contributor to the English Romanticism movement, his most famous work, *Lyrical Ballads*, co-written Samuel Taylor Coleridge, helped give traction to the movement early on. Wordsworth once said that poetry was the “spontaneous overflow of powerful feelings” and that poems should reflect the simplicity and beauty of everyday life. Wordsworth performed as the poet laureate of Great Britain from 1843 until his death in 1850.



WRITING PROMPT

In Wordsworth's poem, he personifies and brings to life the natural world through the action of dance. What are other objects or places or emotions that can be animated and observed as if they were dancing? Use this prompt and Wordsworth's piece to create your own poem, short story, or creative non-fiction essay.

Word Search

A	O	M	D	U	O	L	C	A	C	D	V	C	C
E	S	T	A	S	N	D	A	N	C	E	L	T	F
Z	S	E	W	A	A	E	D	W	R	E	F	L	E
E	T	T	E	E	S	I	A	R	L	I	A	L	I
E	A	B	S	O	I	L	F	O	L	K	L	O	D
R	R	Z	T	A	S	O	F	E	E	A	D	I	T
B	S	L	W	E	T	U	O	R	I	O	Z	A	T
R	O	I	I	E	E	A	D	S	D	E	S	K	G
N	L	T	N	S	O	I	I	U	A	A	U	N	A
L	I	N	K	A	T	V	L	T	A	N	I	I	L
I	T	A	L	B	Z	A	S	L	K	G	N	E	D
R	U	C	E	U	C	A	I	U	R	T	I	E	T
O	D	A	T	N	O	I	I	A	O	A	A	R	Z
C	E	V	O	A	L	A	M	R	A	E	C	C	S

DAFFODILS
DANCE
SOLITUDE

MARGIN
TWINKLE

STARS
LAKE
VACANT

CLOUD
BREEZE

ARTS

Above the Ballet, Where the Tutus Are Made

BY JEFF LUNDEN | National Public Radio | September 23, 2017

The New York City Ballet's costume shop is located on the eighth floor of a building in Lincoln Center. There are spectacular views of the Hudson River, but no one's looking out the windows. They're all working with a quiet intensity.

"It's a shop full of 18 people," says Marc Happel, the City Ballet's director of costumes. "Amazing craftspeople, machine operators, hand stitching, we have three drapers. I mean the level of costume-making here is probably the highest you could get."

In addition to preparing costumes for the regular season, next week the City Ballet will present its annual Fall Gala, where fashion designers are paired with choreographers to create new dances and new costumes. That means the costume shop has less than three months to build garments designed by people who don't usually worry about athletic, sweaty dancers.

That's where Happel provides invaluable assistance. He's run the shop for 11 years, and before that worked on Broadway and at the Metropolitan Opera.

"Many times the fabrics that [the designers] do come up with we often use in ballet, like chiffon or organza or crepe du chine," he says. "But what we have at our disposal is companies that make stretch chiffon and stretch crepe du chine. So that's to our advantage."

Actress Sarah Jessica Parker is on the board of the City Ballet and came up with the idea of the annual Fall Gala six years ago. She sees Happel and the costume shop as invaluable partners.

"Marc knows the reality of everything," Parker says. "He can solve the inevitable technical questions that come up. Because, yes, they know all the layers that are required. They know how every fabric moves, they know what a seam does, what a hem does, what stretches, what doesn't, what absorbs, what doesn't, what can be lifted, what can move."

And the designers value working with Marc Happel, too. The first gala featured designs by Italian couturier Valentino, and Happel says he was very hands on.

"To the point where he would call me when he was on vacation on his what he called a boat — which I



knew was a six-story yacht — in the Mediterranean," Happel says. "He would call me because he had just had a thought that the black ruffle on this one costume should be pleated and not ruched."

But the ultimate client is the dancer.

"My job is to make them as comfortable and as happy with what they're wearing, so they're not really thinking about it too much," he says.

While a rehearsal of *Swan Lake* is happening onstage, backstage Happel and one of his drapers are fitting a costume by designer Tsumori Chisato on ballerina Sterling Hyltin. The fabric is hand-painted and the tutu looks like a hat box. While choreographer Justin Peck looks on, Hyltin does movements from the ballet, looking in the mirror the whole time. Afterwards, she says the costume is incredible.

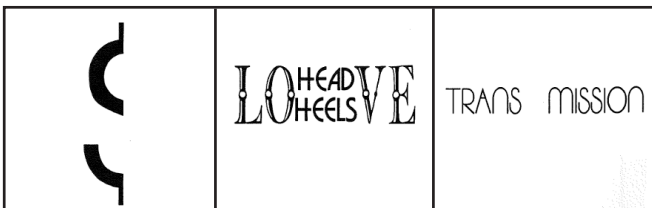
"I mean I wear a tutu a lot, but not a tutu that's that structured and geometric," Hyltin says. "And I think it's going to be a lot of fun just sort of learning how it moves and see how that influences the way I dance."

Both the dances and the costumes will live beyond the Fashion Gala, as part of New York City Ballet's repertory. But Happel doesn't have time to worry about it. There's just too much work to do.

"I always say it's like you have four freight trains heading to the station at the same time and you're just hoping in some ways that they all get there at the same time," he says. "And we have a gala." ●

New York City Ballet Director of Costumes Marc Happel and Draper Kellie Sheehan conduct a costume fitting with soloist Indiana Woodward for Justin Peck's *Pulcinella Variations*, with costumes designed by Tsumori Chisato.

Image by Erin Baiano/
Courtesy of New York
City Ballet



WORD PLAY A Rebus puzzle is a picture representation of a common word or phrase. How the letters/images appear within each box will give you clues to the answer! For example, if you saw the letters "LOOK ULEAP," you could guess that the phrase is "Look before you leap." Answers are on the last page!

HEALTH

4 Reasons Why Dancing is Good for Your Health

BY ROBERT JIMISON | CNN | October 19, 2017

Whitney Thore had gained nearly 100 pounds. It stemmed from polycystic ovary syndrome, and she found it hard to accept her larger figure.

Her emotional distress peaked while she was living abroad and dealing with a breakup. Frustrated and unable to find relief, she turned on some music and started to dance.

"I was all alone in an apartment by myself, and I closed my eyes and just naturally let my body move the way that it wanted to, which is something I hadn't done in over a decade. And as I'm just moving, just swaying, eventually I started moving more and more. And within minutes, I was just crying," she said.

The catharsis she found in that moment was powerful; it jarred her, so much that she didn't dance again until she was back in the United States and a friend encouraged her to film a routine with him. The resulting viral video catapulted Thore into the spotlight.

But Thore, now 33, says she wasn't looking for fame or notoriety. The self-proclaimed "fat girl" known for her appearances on the television show "My Big Fat Fabulous Life" says that more than anything else, dance has had a positive impact on her health.

"After I gained all the weight, I pretty much stopped doing any physical activity, so dance is what opened the door back up for me," she said. Beyond the physical benefits, Thore says, she noticed overnight a positive impact on her mental health as well.

"Once I realized that I could dance I thought, 'well, what else can I do?' And then I started getting back in the gym, and I started boxing and started running on a treadmill," she said.

Dancing is often considered a recreational activity and all too often overlooked for the positive physical, mental and social health qualities.

As Thore describes it, "dance is the most basic and most honest form of communication between my mind and my body and between me and the world."

And as Emily Sandow, supervisor of dance physical therapy at NYU Langone's Harkness Center for Dance Injuries, phrases it, "the integration of the body and the soul" is key to any healthy lifestyle and at the center of dance.

'All you need is yourself'

Dancing, for Thore, provided a great cardiovascular

workout that could be done anywhere without the hassle of going to a gym or any equipment. "You don't need any workout tools; you don't need any weights or machines or anything like that. Literally, all you need is yourself."

The workout you get from dancing can vary depending on the type of movements being performed. At

the end of an hourlong ballet lesson, participants have undoubtedly stretched various muscle groups and executed moves with precision and balance. A night out on the dance floor at a club or wedding reception, however, often results in an increased heart rate for a longer period.

"Social dancing is more cardiovascular because you're doing endurance exercise for a long period of time. But if you're doing technical skilled dancing such as ballet, usually, you're doing quick bursts," Sandow said.

Also, Sandow says motor skills stand to benefit, in both little ones and aging adults. "Although it looks like a highly specialized form, we still work on the fundamental principles of movement that every individual needs to acquire to be able to go from a baby crawling on the floor to kneeling, walking, running, jumping, kicking."

And for older adults, she says, "it's great for your range of motion and allowing the joints to move freely through all planes of motion."

Improving memory

Doctors have been trying for decades to find innovative ways to slow the cognitive decline seen in older adults. Aga Burzynska, assistant professor of human development at Colorado State University, wondered whether keeping them active would slow memory loss.

"As we get older, in general, our cognitive functions start declining," she said.

So Burzynska focused her research on the issue and looked into ways to combat the deterioration. The resulting study was published this year in *Frontiers in Aging Neuroscience*.

Researchers looked at adults ranging from their 60s to their 80s who had no signs of memory loss or impairment. Participants were assigned to one of three activities: brisk walking, stretching and balance training, or dance classes.

Three times a week, those in the dance group practiced and learned country dance choreography.



"Dance is for everybody. I believe that the dance came from the people and that it should always be delivered back to the people."

ALVIN AILEY
// American dancer, director, choreographer, and activist

The goal, Burzynska said, was to see “how increasing aerobic exercise, increasing aerobic activities or introducing activities such as dance can help protect our brains from aging.”

At the end of the study, brain scans were done on all participants and compared with scans taken before the activities began. The dancers fared better and had less deterioration in their brains than the other groups.

Burzynska says this makes sense, because unlike aerobic exercise or stretching workouts, “there was definitely a lot of memory involved and a lot of learning.”

Balance and coordination

Each year, more than one out of four adults 65 and older suffers a fall. At the same time, millions of children and teens injure themselves playing sports. And although the two incidents may seem incredibly different, the potential solution is the same: fall like a dancer. Techniques taught in dance classes increase body awareness and encourage low-impact landings. These techniques, Sandow says, are not only useful for dancers on stage but for athletes who play impact sports, children developing motor skills and older adults concerned about injuries.

“The aging population is at high risk for falls, and we think dance, especially, can be beneficial in reducing the risk of falls, because dance is just a series of balance tests,” Sandow said.

She also pointed out that, compared with dancers, “athletes generally have more knee injuries, specifically ACL injuries, and we think that the specific jump training that dancers do could be prevention for knee injuries such as an ACL tear.”

Sandow explains that the moves and routines dancers are taught require elongated movements and full extensions, which leads to “less force generated on their body.” This movement control is why, she says, “you’ve seen the Method football player taking class with a dainty ballerina. To learn good alignment.”

Dancing has no age limit

No matter if you like doing the “The Hokey Pokey” at a party, the “running man” challenge in a social media video or performing on stage with a ballet company, everyone, no matter the level, has something to gain from dancing. The inclusive art is accessible to all with countless benefits being had.

Unlike with many forms of exercise, there are no rules when it comes to dancing. Participants range from toddlers to retirees; anyone can join in and enjoy the experience.

“We know that movement is good for everyone,” Sandow said. “A healthy lifestyle is integrating the

mind, body and soul relationship, and dance has all of those characteristics.”

Thore said dancing forces you to feel your muscles, bones and joints, “and getting in touch with your body in that way is the first step to any kind of physical fitness.”

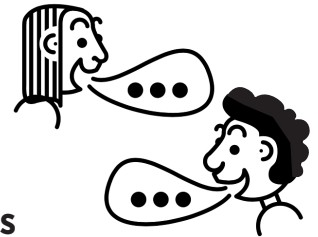
“Everyone can do something, even if it’s just you just tapping your foot,” she said. “Everyone can do something where they can move their body to music, and that’s really valuable.” ●

🗨 Edited for clarity and space

RANDOM-NEST

You Don’t Need Anything to Play These Word Games

BY AER PARRIS | REI | MARCH 25, 2020



One-Word Stories | You guessed it: Each person says one word to create a (usually) pretty kooky story, says Sandy Martin, a retired nurse who has been a camper for more than 50 years. Additional challenge? Make your story rhyme. Like: The-red-fuzzy-hat-sat-close-to-a-steaming-pile-of-scat. The one is blissfully unending.

Riff Off | It’s your turn. You think of an important word in a song you know and say it aloud. (Like “desert,” the verb, not the noun.) Your fellow players are tasked with figuring out what in the world that song could be. It’s team play, so everyone guesses together. If your partners can’t get it, give them another word (like “run”) and another (“never”) until they solve the lyrical puzzle or give up, in which case you must prove yourself by revealing your super-hard song (in this case: Rick Astley’s 1987 hit “Never Gonna Give You Up”).

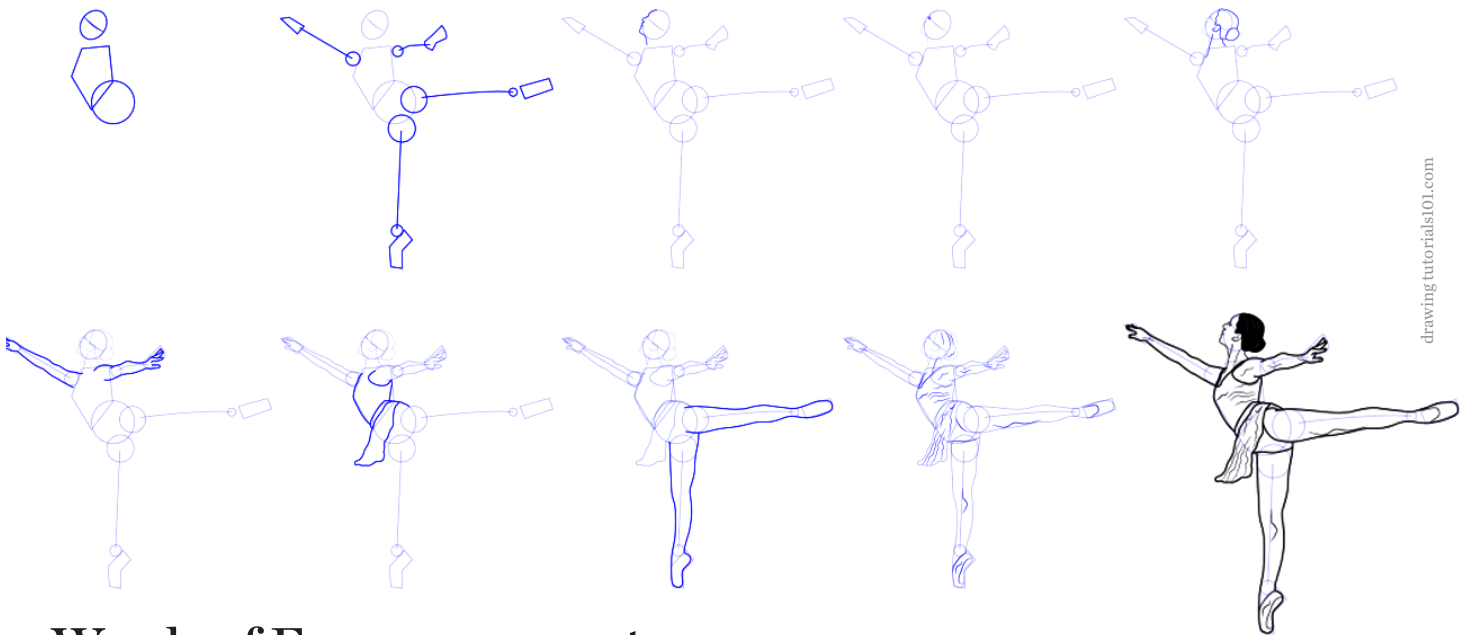
Fortunately, Unfortunately | Craft a wacky, twisty-and-turny story with your companions by using “fortunately” to begin each sentence and then “unfortunately” to kick off the next person’s addition. Example: “Fortunately, the bear had a nice hat to keep him warm. Unfortunately, it was the middle of summer and 110°F.” Game play proceeds in a circle.

Last Letter, First Letter | Pick a category, like fruit. Say a word, perhaps “strawberry.” Your opponent must use the last letter of the word to offer up a new word; in this case, might I suggest, “youngberry.”

Pterodactyl | Get ready to get goofy. For this game, you and your fellow players must all cover your teeth with your lips. One person will start, facing another player and saying “pterodactyl!” without showing their teeth. If neither person shows their teeth, the next person then turns to their neighbor and says “pterodactyl.” The catch? You may laugh, make faces and use funny voices to try to get each other to break your lip coverage. If someone shows their teeth, that player is out and play continues until only one person is left.

Edited for space and clarity

HOW TO DRAW AN ARABESQUE



Words of Encouragement

When considering what to write for this edition's words of encouragement, my mind immediately went to the idea of dancing like nobody is watching. I began to think of this both literally and figuratively. In the figurative sense, we can think of dancing as how we go about our lives. Growing into ourselves is something only we can really do alone. If we grow as if nobody is watching, we can become the most undeniable and best versions of ourselves that we can because nobody can tell us any different. Once we recognize our own value and potential, nothing can stop us from fulfilling it. Potential isn't only something that is tangible, but it is much more. It encompasses our outlooks on life itself, but I can't necessarily tell you how to think about it. What I can tell you is that you are someone with the potential to live a beautiful life of fellowship and unity that just happens to impact others positively. If you believe that for yourself, that is precisely what you will do since there won't be anyone who can tell you otherwise. I sincerely hope you enjoyed this week's edition of *The Warbler*, and I wish you the best as you continue to learn of all you can be.

Taylor



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arabesque | a posture (as in ballet) in which the body is bent forward from the hip on one leg with one arm extended forward and the other arm and leg backward

merriam-webster.com

Answers

SUDOKU #167

2	9	6	5	4	3	7	8	1
3	8	5	9	7	1	2	4	6
4	7	1	2	6	8	9	5	3
6	5	7	1	3	4	8	2	9
9	3	4	8	2	5	1	6	7
8	1	2	7	9	6	4	3	5
5	2	9	6	8	7	3	1	4
7	6	3	4	1	2	5	9	8
1	4	8	3	5	9	6	7	2

SUDOKU #168

6	5	3	9	7	8	4	2	1
9	1	8	5	2	4	3	6	7
2	4	7	6	3	1	8	5	9
3	8	6	1	5	7	9	4	2
5	2	9	8	4	3	7	1	6
4	7	1	2	6	9	5	3	8
1	3	4	7	8	6	2	9	5
8	9	2	3	1	5	6	7	4
7	6	5	4	9	2	1	8	3



Rebus Puzzle Page 7

1. Half dollar
2. Head over heels in love
3. Break in transmission

Send ideas and comments to:

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UNTIL NEXT TIME